

August-November 2006



*Fort Lauderdale's guide
to parks, recreation facilities
community events and
programs for all ages.*

Fun, Play & Fitness... It Starts in Parks!

A Message from the Director



*Phil Thornburg
Parks and Recreation
Director*

Looking for ways to improve your health, increase your property value, and cool off? Trees and open park space enhance our neighborhoods and our quality of life.

The Florida Department of Agriculture estimates that each tree provides a value of \$50 per year in controlling air pollution, \$75 per year in controlling erosion and water storm damage, as well as \$75 of value as wildlife shelter. Properly selected, sited and well-maintained trees can increase property values up to 20%.

Trees cool the air 10-15 degrees in their shade. People attending summertime concerts in Holiday Park often marvel that it seems cooler there. As trees absorb water from roots to leaves where it evaporates, they also absorb heat and cool the hot city air.

There is a growing body of research that shows contact with a greener environment leads to feelings of tranquility, relaxation and peacefulness.

The City of Fort Lauderdale Parks and Recreation Department is committed to providing well-maintained parks, open space, beach and roadway landscaping that compliment the tropical beauty of all areas of our city.

Our fall edition of More out of Life previews numerous opportunities for people of all ages to enjoy nature. From Jazz Brunches on Riverwalk to youth and adult recreational sports, I invite you to experience the many benefits of playing, exercising and relaxing outside.



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Marie Rock, Editor

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Photo Credits Cecil Wise, Elaine Abel,

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If you would like this publication in an alternate format (large print, audio tape), contact the public Information Department at 954-828-4746 or e-mail webmaster@fortlauderdale.gov.

Contents

Parks & Recreation Facilities	4
ADA Accessibility In City Parks	6
Safety	7
Beaches	8
Tennis	9
Parks	11
Bridge Club	12
Toddler Fun & Fitness	13
Youth After-School Programs	15
Youth Sports & Fitness	17
Youth Cultural Arts	22
Teen Fitness & Activities	23
Swimming Water Fitness	26
Community Events	29
SunTrust Sunday Jazz Concerts	31
Adult Fitness & Sports	32
Adult Classes & Events	40
Adult Computer Classes	44
Adult Trips & Tours	46
Registration	47



It might be a painting, a song, a dance, or even a poem. It might be a class, a performance, or an exhibit, but whatever form it takes the "arts" generated within our communities form a living part of who we are and how we communicate and interact with one another.

**It Starts
in Parks**

Parks & Recreation Facilities

- 1. Parks and Recreation Administration Office**
1350 W. Broward Boulevard
954-828-PARK
- 2. Bass Park & Pool
Degraffenreidt Center**
2750 N.W. 19th Street
954-828-8983
- 3. Beach Community Center**
3351 N.E. 33rd Avenue
954-828-4610
- 4. Beach Patrol Office &
Fort Lauderdale Aquatic Complex**
501 Seabreeze Boulevard
954-828-8498
954-828-4580
- 5. Croissant Park & Pool**
245 West Park Drive
954-468-1487
- 6. Fort Lauderdale High School Pool**
1600 N.E. 4th Avenue
954-828-5401
- 7. George English Park**
1101 Bayview Drive
954-396-3621 or 954-828-5478
- 8. Holiday Park**
E. Sunrise Boulevard and US 1
Activity Center
730 N. Federal Highway
954-828-5385
Gymnasium
1200 G. Harold Martin Drive
954-828-5993
Jimmy Evert Tennis Center
700 N.E. 12th Avenue
954-828-5378
Park Rangers
954- 828-4634
Social Center
1150 G. Harold Martin Drive
954-828-5383
- 9. Joseph C. Carter Park & Pool**
1450 W. Sunrise Boulevard
Main: 954-828-5411
Pool: 954-828-5407
Gym: 954-828-5409
- 10. Lauderdale Manors Park & Pool**
1340 Chateau Park Drive
954-828-5412
- 11. Mills Pond Park**
2201 N.W. 9th Avenue
954-828-4565
- 12. New River Middle School**
3100 Riverland Road
954-321-1204
- 13. Osswald Park**
2220 N.W. 21st Avenue
Fort Lauderdale, FL 33311
954-497-1636
- 14. Riverland Park & Pool**
950 S.W. 27th Avenue
954-321-1234
- 15. Riverside Park**
Charles and Irene Radford Community Center
555 S.W. 11th Avenue
954-468-1553
- 16. Snyder Park**
3299 S.W. 4th Avenue
954-828-4585
- 17. Sunrise Middle School Pool**
1750 N.E. 14th Street
754-322-4790
- 18. Warfield Park**
1000 N. Andrews Avenue
954-759-6896

Rental Facilities and Permits

Athletic Field Reservations 954-828-5395
Outdoor Events 954-828-5362
Gazebo Rentals 954-828-PARK



Fort Lauderdale
Executive Airport

N.E. 52nd St

Commercial Blvd.



Middle River

Oakland Park Blvd

Old Dixie Highway

A1A

A1A

N.E. 26th St

Bayview Drive

13

11

N.W. 19th St

2

10

18

N.E. 4th Ave

6

Federal Highway

7

Sunrise Blvd

9

Andrews Ave.

N.E. 3rd Ave.

8

Victoria Park Road

Las Olas Blvd.

Seabreeze Ave.

ATLANTIC OCEAN

Florida Turnpike

Broward Blvd.

14

1

15

Davie Blvd.

S.W. 4th Ave.

5

S.E. 3rd Ave.

S.E. 17th St



PORT
EVERGLADES

State Road 84

16

To Alligator
Alley

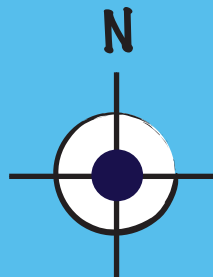


Fort Lauderdale
Hollywood
International Airport

Griffin Road.

Federal Highway

To Miami



ADA Accessibility in City Parks

Fort Lauderdale Beach

- Sebastian Street @ A1A
 - Beach wheelchair available from 10 a.m.-4:30 p.m. at Sebastian Street Lifeguard Station.
 - Please call 954-828-4595 for assistance.
 - ADA accessible shower and beach parking spaces available (3031 Sebastian St.)
- South Beach Picnic Area - 600 South A1A
 - ADA accessible restrooms, showers and parking

Dog Park

- Bark Park (inside Snyder Park) 3299 S.W. 4th Ave.
 - Please call 954-828-3647 for special accommodations

Playgrounds

- Holiday Park – 800 North Federal Hwy., 954-828-7275
- Imperial Point Park – 6400 N.E. 22nd Ave., 954-828-7275

Pavilions

- Holiday Park – 800 North Federal Hwy., 954-828-7275
- Melrose Park – 3400 Davie Blvd., 954-828-7275
- Floranada Park-5100 N.E. 14th Way, 954-828-7275
- Riverland Park – 950 S.W. 27th Ave., 954-321-1234



Pools

- Carter Park – 1450 West Sunrise Blvd. 954-828-5407
 - ADA wheelchair accessible ramp
 - Water playground begins at zero depth – wheelchair accessible
- Croissant Park – 245 West Park Dr. 954-523-1068
 - ADA wheelchair accessible ramp
 - Water Playground begins at zero depth
- Lauderdale Manors – 1340 Chateau Park Dr. 954-828-5402
 - Lift available
 - Water Playground begins at zero depth – wheelchair accessible
- Riverland Park – 950 S.W. 27th Ave. 954-321-1234
 - ADA wheelchair accessible ramp
 - Water wheelchairs available
 - Water Playground begins at zero depth – wheelchair accessible
- Sunrise Middle School – 2400 N.E. 8th St. 954-712-2018
 - ADA wheelchair accessible ramp
 - One water wheelchair

Safety

Provide Safe Places to Play

Park Rangers and Park Security

Park Rangers provide seven days a week, 365 days a year patrol of our parks from 6:30-11:30 p.m. They use highly visible, well-marked vehicles including bicycles, four-wheel ATVs and patrol cars. Rangers provide assistance to park visitors concerning proper use of park facilities, information and necessary security procedures. Park Rules and Regulations have been adopted to provide for a uniform set of guidelines for park users and visitors to follow. The Park Rules and Regulations can be obtained from the City's web site. For more information on Park Rangers or any safety or security issues in our park, call 954-828-4634 or visit our office located in Holiday Park.



Beaches

Fort Lauderdale Beach

The Heart of Recreational Life in Fort Lauderdale is its famed Beach, which offers residents and visitors a remarkable array of amenities.

Below is basic information you may need when visiting our beach.

- Two miles of guarded beach with lifeguards on duty seven days a week from 9:45 a.m.-5:00 p.m.
- Restrooms, basketball courts, volleyball courts, playgrounds, picnic tables and barbecue grills.
- Disabled parking spaces, shower and beach access at Sebastian Street. A beach wheelchair is available at Sebastian Street access from 10:00 a.m. to 4:30 p.m. Please call 954-828-4595 for assistance.
- A private non-motorized boat concession rental at 600 South Atlantic Boulevard.
- Alcohol is prohibited on the beach.
- Dogs and other pets are prohibited on the beach except at Canine Beach.
- Beach Condition Hotline: 954-828-4597.
- Adults please watch children closely when they are in and around the water!
- Dock Master/Marine Operations: 954-828-5423.
- Annual Beach parking permit for residents available from the Parking Office: 954-828-3700.

Canine Beach

The City of Fort Lauderdale has set aside a section of Fort Lauderdale Beach where you can enjoy the beach and the ocean with your canine pets.

Located at the intersection of Sunrise Boulevard and A1A (extending 100 yards to the north), man's best friend is welcomed Fridays through Sundays between 3:00 -7:00 p.m. (Daylight Savings Time, between 5:00-9:00 p.m.). A permit is required for each dog that you take to the beach.

2006 Canine Beach Permit

City of Fort Lauderdale Residents	\$25.00 plus tax, per dog
Other Residents of Broward County and beyond	\$40.00 plus tax, per dog

Annual permits are valid through December 31st. For a temporary permit (\$6.00 per dog) good for one weekend, please see the Park Ranger on duty.

All canines must be leashed and controlled.

Pooper-scoopers must be used. For more information, please call 954-828-PARK or visit the Parks and Recreation Administrative Office at 1350 West Broward Boulevard.



7ennis

Try Different Strokes

Jimmy Evert Tennis Center (JETC)

954-828-5378

Monday-Friday 7:45 a.m.-9:00 p.m.

Saturday and Sunday 7:45 a.m.-6:00 p.m.

Holidays 7:45-5:30 p.m.

The Jimmy Evert Tennis Center (JETC), located in Fort Lauderdale's Holiday Park, is known throughout the world as one of the nation's finest public tennis facilities. Its rich and distinguished history includes everything from teaching children how to improve their serves and backhands to contributing to the development of tennis professionals such as Chris Evert and Jennifer Capriati. The Center features:

- 18 Lighted Clay Courts
- 3 Hard Courts
- Men's & Women's locker rooms with shower facilities
- Players' Lounge
- Tennis Hall of Fame
- Pro Shop
- Private Lessons
- Ball Machine Rental
- Stringing on site

Hourly Fees

Resident: \$5.00 before 5 p.m.

\$6.00 after 5 p.m.

Non-Resident: \$6.00 before 5 p.m.

\$7.00 after 5 p.m.

Annual Memberships

	<i>Individual</i>	<i>Couples</i>	<i>Family</i>	<i>Junior (< 19)</i>	<i>Senior (65 +)</i>	
Resident	\$212.00	\$365.70	\$418.70	\$48.76	\$185.50	\$339.00 Couple
Non-Resident	\$349.80	\$530.00	\$583.00	\$95.40	\$265.00	\$445.20 Couple

All-Day Fees

Adults: \$10.00 Juniors 18 and younger: \$3.00

Ball Machine Fees

Per Hour: \$10.00 Annual Fee Individual: \$100.00 Annual Fee Couple/Family: \$150.00

Lessons by USPTA Teaching Professionals

Members: \$25.00 per half hour \$48.00 per hour
Non-Members: \$30.00 per half hour \$50.00 per hour

Clinics and Programs

From toddlers to adults, the JETC has an abundance of classes that will improve your serves, strengthen your volleys and lengthen your backhand strokes. Here's a sample of the lessons available for the entire family:

- Toddler Tennis refines motor skills and hand-eye coordination. Children will enjoy playful interaction, develop social skills and gain a better understanding of sportsmanship.
- After School Tennis is a fun introduction to tennis. Children will learn basic strokes and footwork. Conditioning is conducted in appropriate age/ability groupings in a manner that will challenge and entertain.



Tennis

- Jimmy Evert Tennis Center's professional staff monitors the Junior Match Play between youngsters. After warm-ups, games are staged with emphasis on strategy, tactics, and sportsmanship.
- Friday Night and Sunday Afternoon Drop-In Tennis are informal gatherings to play tennis and meet new people. All levels of play are welcome in the Round Robins of mixed partnerships.
- Cardio Tennis is for everyone who wants to play tennis, improve and get a great workout! Drills to music provide players the opportunity to move through a variety of exercises, sustaining a player's heart rate in a target zone all while having fun and making new friends.
- Turbo Tennis (Intermediate/Advanced Adult Clinic) utilizes your basic skills and develops your coordination and technique. Your confidence will increase as your skills improve and progress toward your potential.

For more information about the Jimmy Evert Tennis Center, call 954-828-5378.



George English Tennis Center (GETC)

954-396-3621



The City of Fort Lauderdale Parks & Recreation Department is pleased to announce the completion of the newly renovated George English Park Community Center. The redesigned community center houses an innovative tennis pro shop and sales area on the south side of the building, restroom facilities accessible from the outside breezeway, and a beautiful recreation center on the north side.

To the delight of many of the local children, the recreation center reopening will bring back the sorely missed and highly anticipated George English Park Tennis & Sports Camp, which had been moved to the Jimmy Evert Tennis Center since the start of construction. The recreation center has a capacity of 100, a kitchen area, large screen television, and one large office space. In addition to the summer camp series, a morning bridge program will be offered in the fall, along with after-school Tennis First Serve Life Skills Program .

George English Park boasts amenities for every age and interest, including basketball courts, a roller hockey rink, softball/baseball fields, a boat launch, 7 lighted tennis courts, a newly renovated playground, picnic tables, shade trees, and a rentable pavilion. A grand reopening celebration and ribbon cutting ceremony of the new community center will take place in September 2006.



Have a Family Adventure

Mills Pond Park

954-828-8943

2201 NW 9th Avenue, Fort Lauderdale

Softball: 954-828-8942

Rainout Number: 954-828-5977

Park Hours: 7:00 a.m.-11:00 p.m.

Office Hours: 10:30 a.m.-6:00 p.m.

Park Size: 130 acres

Adult Softball Leagues

Cost: \$500 per team

Park Admission: Free

Season includes 10 games plus playoffs

Game times: 6:45 p.m., 7:45 p.m.,

8:45 p.m., and 9:45 p.m.

Team Awards for 1st and 2nd Place (Season and Playoffs)

Game Balls provided

Divisions: Advanced (D1), Intermediate

(D2), Recreational (D3)

Co-Ed: D1, D2, D3 Thursday

Men's: D1, D2, D3 Sunday, Monday, Tuesday, Wednesday or Friday

Corporate Co-ed: D1, D2 Monday, Tuesday or Friday

Batting Cages: Practice your skills with fast or slow pitch softball or baseball from 40 mph to 70 mph

Hours: Monday-Friday, 5:00-9:00 p.m.

Saturday, 10:00 a.m.-2:00 p.m.

Sunday, 10:00 a.m.-8:00 p.m.

Fees: \$3.00 per token (20 pitches)

1/2 hour: \$18; 1 hour \$30

Water Skiing

Meet new people and join the fun with the Gold Coast Ski Club. Opportunities include slalom, wakeboard, barefoot, ballet, pyramid, jump, doubles, and more. Open year round for USA members only. For more information, please call 954-345-2860 or visit www.goldcoastskiclub.org.

Snyder Park

954-828-4585

3299 SW 4th Avenue, Fort Lauderdale

Monday-Friday

9:00 a.m.-5:00 p.m. (Year-round)

Saturday-Sunday

9:00 a.m.-7:00 p.m. (April-September)

9:00 a.m.-6:00 p.m. (October-March)

In the heart of Fort Lauderdale is 93 acres of natural history and beauty. Ample picnic and recreation space make this site perfect for any occasion. Amenities include two-acre dog park (Bark Park), doggie swimming, 19 pavilions, human swimming,



horseshoes, volleyball, tetherball, ropes course, nature trails, boating, biking and softball/multipurpose field.

Monday-Friday: 9:00 a.m.-7:00 p.m.

Saturday & Sunday: 9:00 a.m.-7:00 p.m. (April-September)

9:00 a.m.-7:00 p.m. (October-March)

Daily Rates

Under 5 Free 6-12 years \$2.00

13 years & over \$2.50 Seniors \$2.00

Volunteer Program

If you have a lot or a little time to give, we have lots of programs and projects that could use your help. We have many opportunities such as nature programs, special events, Bark Park activities and office help. Volunteers are needed year round. Call 954-828-4585

Parks

Pedal Power Program

If you are 8-18 years old, you can earn a bicycle through the City of Fort Lauderdale's Pedal Power Program. After working 25 hours in one of our City's parks, you can select a bicycle from a surplus the City has acquired. This ongoing program is offered Saturday, Sunday and Holidays 9:00 a.m.-6:00 p.m.

UP-Unlimited Potential Rope Course

This program utilizes an action learning design with low-to-the-ground team projects/initiatives. Participants are challenged to think, plan, decide and co-operate throughout these initiatives to become more aware of effective individual and team behaviors. UP-Unlimited Potential, Inc. is uniquely qualified to help businesses, human service agencies, schools, teams, hospitals and management groups work more effectively. The Ropes Course features an 80' climbing wall, 10' wall and a Power Pamper Pole. This exciting, adventure-filled experience is ideal for boosting confidence, self-esteem and teaching conflict resolution skills across all ethnic and economic boundaries. Please call 954-818-4910 to reserve a date, time and for fee information.

Bark Park

The park dogs ask for by name is a fully fenced and supervised area where dogs can socialize off leash in a safe and caring environment. It features agility equipment, hose stations, drinking fountains and



shelters.

Hours: 7:00 a.m.-7:30 p.m.

(April-September)

7:00 a.m.-6:30 p.m. (October-March)

Entrance fee: dogs are free of charge.

Owners of dogs, their friends and children just pay the entrance fee for the park. Ages 6-12 years of age and Seniors (55 years and up) \$2.00 daily. Adults 13 years and older \$2.50 daily.

The Dog Swim Program takes place Saturday-Sunday 10:00 a.m.-5:00 p.m. March thru November. The fee is \$1.00 per dog.

Bark Park Annual Pass

\$75 individual

\$125 family (up to 4 people)

Dog Swim Annual Pass

\$25 family

\$50 family (up to 3 dogs)

Cycling Program

Cycle, run, rollerblade or rollerskate on three clearly marked routes: .7 mile, 1 mile, 1.4 mile and the only traffic are others like you! All ages and abilities are welcome.

Beginning August-November 30:

6:00-7:30 p.m., \$1.00 per person.

Bike Registration

Wednesday and Sundays: 11:00 a.m.-1:00 p.m.-\$1.00 per bicycle

Fort Lauderdale Bridge Club

700 NE 6th Terrace

Behind Holiday Park Activity Center

954-761-1577

Rated the #1 Club in North America by the American Contract Bridge League.

Duplicate Bridge, Triple Masterpoint Charity Games, Non-Life Masterpoint, Social Bridge, Duplicate Bridge lessons, and Scrabble are offered throughout the week. Lunch & Dinner are served before games. Please call the Club 954-761-1577 for times and fees.

Toddler Fun & Fitness

Play Ball

Bring your little ones to Play Ball. This unique program is designed to encourage the development of age appropriate gross motor skills, life skills and sports readiness. Our experts will teach your children the fundamental aspects of sport and movement in a non-competitive manner to promote self confidence, teamwork, patience, responsibility, respect and tolerance. Don't miss out on this one of a kind program!

Beach Community Center

Age: 3-5 years
Monday 9:00-9:45 a.m.
September 11-November 27
Resident/Non-Resident: \$50.00 per month
Y.E.S.: \$13.00 per month

Mommy & Me Create & Color

For children not quite ready to release the apron strings or for Mom's who need to spend more quality time interacting with



their precious one, this program will provide opportunity for exploration, expression, and social interaction for all. Daddy's and other caregivers are welcome to fill in for Mom. Participants should dress appropriately for painting.

Holiday Park Social Center

Age: 2-4 years
Tuesday 10:30-11:30 a.m.
October 2 -November 14
Resident: \$25.00 Non-Resident: \$30.00

Stroller Strides

A total fitness program for new moms to do with their babies. It includes power walking and intervals of body toning using exercise tubing and the stroller. Taught by nationally certified instructors, it's a great workout for any level of exerciser. All that is needed is you, your baby and the stroller.

Holiday Park Walking Track

Age: Moms and infants
Monday-Friday 9:30-10:30 a.m.
August 1-October 18
Monthly Membership: \$50.00 unlimited classes (\$75.00 one time registration fee for new members includes 1 beginner and 1 intermediate exercise tube, monthly member newsletter, laminated membership card)
Tri Class Pass: \$175.00 (up to 3 classes per week for 3 months)
10 Block Pass: \$110.00 (10 classes, expires 6 months after date of purchase)
Single Class: \$15.00

- First class always free
- Refer a friend, receive a free class!
- Monthly sign up incentive specials will be run for new members, will be decided on a monthly basis

Pee Wee Flag Football

The basis of this exciting program is to teach the fundamental skills of football while developing motor skills, teamwork, sportsmanship, and providing social interaction. Each participant will receive a shirt and trophy.

Toddler Fun & Fitness

Holiday Park Gym

954-828-5993

Age: 4-5 years

Thursday 6:00-7:00 p.m.

August 24-September 28

Early Registration Resident: \$50.00

(July 24-August 4)

Resident Registration: \$75.00

(August 17-September 21)

Non-Resident Registration: \$85.00

Y.E.S.: \$30.00

Pee Wee Soccer

This is an instructional based soccer program for boys and girls 4-5 years old. The basis of this program is to teach the fundamental skills of soccer while developing motor skills and providing social interaction. Each participant will receive a shirt and trophy.



Holiday Park Gym

Age: 4-5 years

Thursday 6:00-7:00 p.m.

October 5-November 9

Early Registration Resident :\$50.00

(September 11-22)

Resident Registration: \$75.00

(September 23-29)

Non-Resident: \$85.00

Y.E.S.: \$30.00

Mini-Masters:

Messy Art Hour

At some point your child will need to let go of the apron strings and explore self expression and social interaction with their peers. This program offers just that but in small doses so as not to overwhelm the underling. It also allows Mom a moment of tranquility or a quick trip to the store! Children should be dressed in clothing appropriate for painting and working with mediums that may stain.

Holiday Park Social Center

Age: 3-4 years

Friday 1:30-2:30 p.m.

October 27-November 17

Registration: September 11-October 24

Resident: \$25.00 Non-Resident: \$30.00

Refrigerator Art & Playtime

Let your child explore their creativity with a variety of arts & crafts, while gaining experience in social interaction with their peers. Moms can indulge in a moment of tranquility or a quick trip to the store! Children should be dressed in clothing appropriate for painting and working with mediums that may stain.

Riverside Community Center

Age: 3-5 years

Tuesday 10:00-11:00 a.m.

Session 1: September 12-October 10

Session 2: October 17-November 14

Resident: \$15.00 Non-Resident: \$20.00

Little Tumblers

The basics of tumbling taught in a safe, fun environment. Call Riverland 954-321-1234 for more session dates.

Riverland Park Community Center

Age: 4-6 years

Tuesday 6:00-6:45 p.m.

Session 1: August 1-31

Resident: \$35.00 Non-Resident: \$40.00

Y.E.S.: \$9.00

Learn to Play Fair Youth After-School Programs

A.S.I.A.

(After School Intramural and Arts)

A.S.I.A. will promote a safe environment, self-improvement physically and socially, teamwork, sportsmanship and provide safe social interaction. Classes will include: sports, cooking, computer research, tutoring, and weight training.

William Dandy Middle School

Grades: 6-8

Tuesday, Wednesday, Thursday

4:00-6:00 p.m. September 11-May 25

Fee: \$35.00 for school year

New River Middle School

Grades: 6-8

Monday-Friday 3:45-5:45 p.m.

October 2-May 25

Fee: \$65.00 for school year

Sunrise Middle School

Grades: 6-8

Monday-Friday 3:00-5:30 p.m.

October 2-May 25

Fee: \$65.00 for school year

Fort Lauderdale High School

Grades: 9-12

Monday-Wednesday 3:00-5:30 p.m.

October 2-May 25

Fee: \$35.00 for school year

F.L.A.S.H. After-Care Program

(Fort Lauderdale After School Hours)

F.L.A.S.H. is an after school camp providing extended care for children who attend Croissant Park Elementary School.

Activities include homework assistance, arts and crafts, sports, outdoor games, fun with computers, Healthy Kidz activities and seasonal projects. Daily snack is provided.

F.L.A.S.H. is licensed through Broward County Children and Family Services and is a recipient of the Broward County Gold Seal. Please call center for availability.

Croissant Park Community Center

954- 468-1487

Age: 5-12 years

Grade: K-5

Monday-Friday 2:00-6:00 p.m.

August 14 ongoing

Resident/Non-Resident: \$155.00/month

Y.E.S.: \$75.00/month

Kids Cardio Camp Plus

This fun, challenging and high-energy camp was developed to meet the health, fitness and weight challenges of today's youth. In partnership with Whole Foods Market Fort Lauderdale, participants will be exposed to a nutrition and health collage that will benefit them through the stages of life. Exercise, tennis instruction and homework assistance are additional components of the program. Please call center for additional session dates.

Riverside Park 954-468-1553

Age: 7-12 years

Monday-Thursday 3:00-5:30 p.m.

First Session: August 28-October 6

Resident: \$45.00 Non-Resident: \$50.00

Y.E.S.: \$12.00



Youth After-School Program

October Fun-Filled Days for Children

This program will provide some fun-filled days to hang out with friends at the community center and participate in a variety of activities such as sports, games, arts and crafts, movies, and cooking.

Croissant Park Community Center 954-468-1487

Age: 5-12 years

Monday, October 2 and Friday, October 20

8:00 a.m.-5:30 p.m.

Resident: \$40.00 for both days

Supervised Neighborhood After-School Program (S.N.A.P.)

Today's busy parent can be confident that trained experienced leaders in a safe environment care for their child close to home. Recreation staff and contracted professionals provide enriching experiences for today's child. Activities include homework assistance, art, athletics and special events.

Age: 6-12 years

Monday-Friday 2:00-6:00 p.m.

Resident: \$52.00

Y.E.S.: \$13.00

Bass Park

954-828-8498

Joseph C. Carter Park

954-828-5411

Incorporated within the Carter Park S.N.A.P program, the City of Fort Lauderdale is pleased to partner with First Serve of Broward and support their mission to empower young people by providing a life skills program that promotes positive values, healthy habits and education through the game of tennis.

Lauderdale Manors Park

954-828-5412

Osswald Park

954-497-1636



This program features a study hall environment supported by The Russell Reading Life Skills program and Science Technology. Sports & athletics will focus on the Six Pillars of Character: trustworthiness, respect, responsibility, fairness, caring and citizenship. An Urban Cultural Arts program with dance workshops, multimedia arts and photography.

Warfield Park

954-759-6896

Have Fun in the Sun Youth Sports & Fitness

Aikido for Kids

Aikido is fun to do with techniques that involve grappling and tumbling. Children learn how to defend against even a much larger attacker using minimal force and without wild kicking or punching. Aikido is non-competitive, so children can learn at their own pace in an atmosphere that develops focus, self-discipline, self-confidence and physical fitness. For more information, please call 954-981-4824 or visit our website at www.floridaaikikai.com.

Holiday Park Activity Center

954-828-5385

Age: 5-15 years
Tuesday, Wednesday, Thursday
5:00-6:00 p.m.
Saturday 9:00-10:00 a.m.
August 1-November 30
Children: \$60.00 monthly
Additional sibling: \$50.00 monthly

Jui Jitsu Martial Arts Program

Jiu jitsu, karate and stick fighting are all part of the school of defense. This program will offer both youth and adults self-discipline and control through a practical form of self-discipline, an exciting, safe, competitive sport. The program will offer instruction at different skill levels. Youth and adults can go on to compete in state and national tournaments. The skills taught will include blocking, striking and throwing. It will teach the art of movement using the mind and body to obtain power, speed and gracefulness.

Warfield Park

954-759-6896
Age: 6-Adult
Tuesday & Thursday 6:00-8:00 p.m.
Saturday 10:00 a.m.-12:00 noon
August -November 30

Children -12 years: \$30.00 per month
13 years to Adult: \$50.00 per month
Registration Fee: \$25.00

Cheerleading Academy

To help develop participants motor ability, balance, and coordination by exhibiting a variety of cheers and stunts.

Lauderdale Manors Park

954-828-5412

Age: 5-12 years
Tuesday & Thursday 6:30-8:30 p.m.
August 1-November 30th
Resident: \$5.00 Non-resident: \$10.00



Youth Sports & Fitness

Elite All-Star Cheerleading

The All-Star squad practices all year long with a focus on complex stunts and cheer dance.

Carter Park

954-828-5411

Age: 7-17 years

Tuesday & Thursday 6:30-8:00 p.m.

Free

Pee Wee Flag Football

The basis of this exciting program is to teach the fundamental skills of flag football while developing motor skills, teamwork, sportsmanship, and providing social interaction. Each participant will receive a shirt and trophy.

Holiday Park Gym

954-828-5993

Age: 4-5 years

Thursday 6:00-7:00 p.m.

August 17-September 21

Early Registration Resident: \$50.00

(July 10-21)

Resident Registration: \$75.00 (July 24-28)

Non-Resident Registration: \$85.00

(July 10-28)

Y.E.S: \$30.00

Flag Football and Cheerleading

This recreational flag football program focuses on skill development and fundamentals. Athletes will build self-esteem, develop a strong body and meet



new friends that share their love of football. Cheerleaders will learn choreographed routines, stunts, cheers, and chants. Check your neighborhood park for practice days and times.

Bass Park

954-828-8498

Joseph C. Carter Park

954-828-5411

Lauderdale Manors Park

954-828-5412

Osswald Park

954-497-1636

Warfield Park

954-759-6896

Flag Football

The basis of this exciting program is to teach the fundamental skills of football while developing motor skills, teamwork, sportsmanship, and providing social interaction. Each participant will receive a shirt and trophy.

Holiday Park Gym

954-828-5993

Age divisions: 6-7 years, 8-9 years,

10-11 years, 12-14 years

Saturday games August 19-October 14

Early Resident Registration: \$80.00

Resident Registration: \$115.00 (July 24-28)

Non-Resident Registration: \$135.00

(July 10-28)

Y.E.S; \$20.00

Youth Flag Football

The basis of this exciting program is to teach the fundamental skills of football while developing motor skills, teamwork, sportsmanship, and providing social interaction. Each participant will receive a shirt and trophy.

Riverland Park

954-321-1234

Age Divisions: 6-7 years, 8-9 years,

10-11 years, 12-14 years

Saturday games 9:00 a.m.-1:00 p.m.

August 19-October 7

Resident Registration: \$80.00

Non-Resident Registration: \$135.00

Y.E.S.: \$20.00

Florida Superstars Dance Class

This high-energy class will include dance, cheerleading and baton lessons. Participants will learn new dance skills, make new friends and have fun at the same time. Please call center for additional session dates.

Riverside Community Center

954-468-1553

Age: 7-12

Wednesday 7:30-8:30 p.m.

Session 1: August 2-November 29

Resident/Non-Resident: \$40.00/month

Yearly Registration: \$20.00



Soccer Programs

Pee Wee Soccer

This is an instructional-based soccer program for boys and girls 4-5 years old. The basis of this program is to teach the fundamental skills of soccer while developing motor skills and providing social interaction. Each participant will receive a shirt and trophy.

Holiday Park Gym

954-828-3789

Age: 4-5 years

Thursday 6:00-7:00 p.m.

October 5-November 9

Early Registration Resident: \$50.00

(September 11-22)

Resident Registration: \$75.00

(September 23-29)

Non-Resident Registration: \$85.00

Y.E.S.: \$30.00

Southwest Modified Soccer

This recreational soccer league is designed to teach the basic skills of soccer while having fun at the same time. The modified soccer league uses smaller fields and goals. The format allows for each player to be more involved in the action. Games will be played on Saturdays for 9 weeks beginning November 18th. Each participant will receive a uniform and trophy.

Croissant Park

954-468-1487

Age Divisions: 4-5 years, 6-7 years,

8-9 years, 10-11 years

Clinics: November 4, November 11

Saturday games: November 18-February 3

Resident: \$80.00

Non-Resident: \$135.00

Y.E.S.: \$30.00

Youth Soccer

Kick off the winter playing the **fun** and exciting sport of soccer. The Youth Soccer Program at Holiday Park is based on teaching the fundamental skills of soccer while developing motor skills, teamwork, sportsmanship and also providing social interaction. The program will consist of academy skills instruction on November 11th and 9 weeks of games played on Saturdays beginning November 18th. Each participant will receive a uniform and trophy.

Youth Sports & Fitness

Please contact the Holiday Park Recreation staff before October 6 if you are interested in sponsoring a team. Sponsorships are \$425 per team. Holiday Park Sports Hotline: 954-828-3789

Holiday Park

954-828-5383

Age Divisions: 4-5 years, 6-7 years, 8-9 years, 10-11 years
Thursday and/or Saturday games (4-5 year division only Saturday games)
November 18-January 27 (Ages 4-5)
November 18-February 3 (Ages 6-11)
Residents Early Registration: \$80.00 (September 1-22)
Resident Registration: \$115.00 (September 23-October 6)
Non-Resident Registration: \$135.00
Y.E.S.: 30.00

12-14 Youth Soccer

This is a great opportunity for kids to continue friendships and build on skills developed in their early years. Practice and games will be held at Mills Pond.

Mills Pond

954-828-8943

Age: 12-14 years
Saturday Games November 18-February 3
Resident Early Registration: \$80.00 (September 11-22)



Resident Registration: \$115.00 (September 23-October 6)
Non-Resident Registration: \$135.00
Y.E.S.: \$30.00

Try Tennis

Our professionals teach future stars basic tennis skills while making learning fun. Instruction includes hand-eye coordination, racquet skills and stroke techniques.

Joseph C. Carter Park

954-828-5411

Age: 4-13 years
Tuesday, Thursday
6:00-7:00 p.m. (4-8 years)
7:00-8:00 p.m. (9-13 years)
September 12-November 30
Resident/Non-Resident: \$15.00 Youth Sports Fee

Youth Girls Volleyball

This active program will teach the fundamental skills of volleyball while developing motor skills, teamwork, sportsmanship, and providing social interaction. This program will consist of both instruction and scrimmage time each Saturday. Each participant will receive a uniform.

Holiday Park Gym

954-828-5993

Age divisions: 10-12 years, 13 + years
Saturday 8:30 a.m.-4:00 p.m.
August 26-October 21
Early Resident Registration: \$50.00 (July 24-August 4)
Resident Registration: \$75.00 (August 7-11)
Non-Resident Registration: \$80.00
Y.E.S.: \$30.00

Youth Sports Club

Geared to children ages 4-17, Youth Sports Club is designed to enhance sports specific skills and develop overall athletic team competition. A key component of the Youth Sports Club is the Six Pillars of Character: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship.

Youth Sports Club has registration seasons for each sport. Parents can register on site at a participating City Recreation Center. Youth Sports Club will host sports development clinics before each sport season begins. The clinics will be designed for club members, parents and coaches. Youth Sports Club will include Competitive Swimming, Flag Football, Cheerleading, Basketball, T-Ball, Baseball, Tennis, and Soccer. Each sport will hold their practices after school, with games begin held on Saturdays. There is a one-time annual Youth Sports Club fee of \$15.00. Youth Sports Club will be offered at Bass, Carter, Lauderdale Manors, Osswald and Warfield Parks.

Brand-new offerings for the fall . . . be sure to check out:

Contenders Boxing

Learn the basics in a fully equipped boxing facility. Please contact Norman Wilson 954-652-9959 or 954-467-5624.

Karate Classes for Youth and Adults

Please contact Larry Mabson 954-581-0999.

Volunteer Coaching

The Parks and Recreation Department believes in providing the youth of our community fun, safe, skill-developing athletic programs. Coaches are many of the City's most dedicated and important volunteers. Each year, over 500 men and women donate their time and effort to insure that each child makes new friends, learns new skills, and most importantly, has a great experience.



The Recreation Division is pleased to present a new three-hour Coaches Training Program that will enable coaches to share their personal experiences, provide tips to "rookie" coaches, and develop relationships with other coaches with whom they will share the sideline. Safety, conditioning, and sportsmanship will also be covered.

Coaches are very important in the development of the athlete's confidence and self esteem. They deserve the community's respect and admiration. The City strongly encourages each and every coach to attend the training seminar at least once a year. Assistant Coaches and Team Moms and Dads are also invited and encouraged to attend.

Please call the Recreation Center closest to your home for additional information.

Youth Cultural Arts

Crafty Concoctions

If you are a kid who likes to stick your hand in slimy, gooey, gunky stuff, this is the class for you!! You will learn the recipes to make your own slime, putty, clay and even make a homemade volcano erupt. So get ready to learn, have tons of fun, and make a good wholesome mess.

Bass Park

Age: 6-12 years
Wednesday 6:00-7:30 p.m.
September 13-November 1
Resident: \$10.00
Non-Resident: \$15.00

Survival on the Dance Floor

Music sets the tone for this new dance class aimed at teaching our teenagers important life lessons while having fun and being physically active. Dance choreography and dance steps intertwine with learning social skills and age appropriate behavior essential for personal and professional success in the real world.

Holiday Park Social Center

Age: 12-14 years
Monday 5:00-6:30 p.m.
October 23-December 18
Registration: September 11-October 3
Resident: \$45.00 Non-Resident: \$55.00
Y.E.S.: \$12.00 (2 scholarships available for every 10 full fee registrants)

Urban Dance Academy

This program offers an upbeat, high-energy dance experience. Dance to the rhythm and movement of Hip Hop, Afro-Caribbean, Modern, and Jazz in our new professional dance studio. All levels of dance welcome!

Joseph C. Carter Park

Age: 7 years and over
Saturday 11:30 a.m.-12:30 p.m.
August 1-November 30
Resident: \$15.00 Non-Resident: \$20.00

Lil Chefs Cooking at Carter

This yum-filled class will teach kids how to prepare a healthy snack, follow recipes, and be safe in the kitchen. Children will also learn lessons in hospitality.

Joseph C. Carter Park

Age: 5-12 years
Tuesday
5:30-7:00 p.m.
August 15-December 12
Resident/
Non-Resident:
\$3.00





Teen Fitness & Activities

Young Poets Lounge

Calling all young poets! In our poetry lounge, students will construct and illustrate poems that express their likes and dislikes.

Bass Park

954-828-8498

Age: 11-17 years

Friday 6:00-8:00 p.m.

September 8-October 27

Resident/Non-Resident: \$5.00

Teen Club

Calling all teens! If you are looking for a cool place to hang out in a safe and friendly environment, then Bass Park is the place to be. Activities include art, table games, sports and monthly community service hours.

Bass Park

954-828-8498

Age: 13-17 years

Tuesday-Thursday 6:00-8:30 p.m.

September 12-November 30

Resident: \$15 monthly

Non-Resident: \$20.00 monthly

Friday Night Open Gym

Open Gym is set up to provide an opportunity for kids in the community to have fun and enjoyment through the game of basketball. They will learn new skills and improve skills they already have while participating in a safe, well-supervised activity. Teens will have the chance to make friends and increase social development.

Croissant Park Community Center

954-468-1487

Ages: 12-18 years

Friday 6:30-8:00 p.m.

August 4-October 31

Free Admission

Youth Girls Volleyball

This active program will teach the fundamental skills of volleyball while developing motor skills, teamwork, sportsmanship, and providing social interaction. This program will consist of both instruction and scrimmage time each Saturday. Each participant will receive a uniform.

Holiday Park Gym

954-828-5993

Age: 13+ years

Saturday 8:30 a.m-4:00 p.m.

August 26-October 21

Early Resident Registration: \$50.00

(July 24-August 4)

Resident Registration: \$75.00

(August 7-11)

Non-Resident Registration: \$80.00

(July 24-August 11)

Y.E.S: \$30.00

Youth Flag Football

The basis of this exciting program is to teach the fundamental skills of football while developing motor skills, teamwork, sportsmanship, and providing social interaction. Each participant will receive a shirt and trophy.



Teen Fitness & Activities

Holiday Park

954-828-5993

Age: 12-14 years

Saturday games August 19-October 14

Early Resident Registration : \$80.00

(July 6-21)

Resident Registration: \$115.00

(July 24-28)

Non-Resident Registration \$135.00

(July 10-28)

Y.E.S: \$30.00



Community Service for High School Students

Need to get your community service hours before graduation? This is an opportunity to learn how a city park operates. You will have a chance to work with trained, friendly staff in many areas of the park. If you are interested in volunteering, having fun, and helping your community while earning those valuable service hours, Carter Park is the place for you!

Joseph C. Carter Park

954-828-5411

Ages: 15 -18 years

Monday-Friday 3:00-6:00 p.m.

August 1-May 25

Free

Teen Scene

Hey parents! Are you looking for a safe, fun rewarding program for your teenagers to get involved in?

Yo teens! Are you looking for a place to hang with your friends, be yourself, and have a good time? Well then, come join the very best teen center in town. Activities include video games, field trips, board games, music workshops, sports tournaments, table tennis, pool tables, plus much more. Call the Teen Scene event hot-line for more information: 954-828-8944.

Joseph C. Carter Park Recreation Center

954-828-5411

Age: 12 years and older

Monday-Thursday 7:30-8:30 p.m.

August 14 -May 25

Resident/Non-Resident: \$15.00 for the school year

Teen Aquatics & Scuba Club

Calling all water lovers! This is the program you have been waiting for! An Aquatics club that caters to the urban lifestyle. Come join the TASC (RAWW) divers, National



Association of Black Scuba Divers (NABS), Teen Scene, and S. FL Aquatics Team (SWAT). Open to EVERYONE who dives or has an interest in SCUBA or other aquatic water sports. The club organizes and plans dive trips and classes, networking opportunities, educational workshops, jet

skiing, windsurfing, and kayaking. Price for NABS membership (optional) not included. Please call 954-828-4538 for more information.

Carter Park Pool

954-828-5407

Ages: 10 years and over

Friday 6:00-7:00 p.m.

August 4, September 1, October 6,
November 3

Resident/Non-Resident: \$15.00

(free with teen card)

Y.E.S.: \$3.50

Elite All-Star Cheerleading

The All-Star squad practices all year long with a focus on complex stunts and cheer dance.

Carter Park

954-828-5411

Age: 7-17 years

Tuesday & Thursday 6:30-8:00 p.m.

Free

Open Gym

Open Gym is set up to provide an opportunity for kids in the community to have fun and enjoyment through the game of basketball. They will learn new skills and improve skills they already have while participating in a safe, well-supervised activity. Teens will have the chance to make friends and increase social development.

Lauderdale Manors Community Center

954-828-5412

Ages: 13-18 years

Monday, Friday 6:00-8:30 p.m.

August 4-November 17

Free Admission

Youth Soccer

This is a great opportunity for kids to continue friendships and build on skills developed in their early years.

Practices and games will be held at Mills Pond. Divisions for girls and boys in each of the two age groups.

Mills Pond

954-828-8943

Age: 12-14 years, 15-16 years

Saturday Games 9:00 a.m. -1:00 p.m.

November 18-February 3

Resident Early Registration: \$80.00
(September 11-22)

Resident Registration: \$115.00

(September 12-October)

Non-Resident Registration: \$140.00

Y.E.S.: \$30.00

Youth Flag Football

The basis of this exciting program is to teach the fundamental skills of football while developing motor skills, teamwork, sportsmanship, and providing social interaction. Each participant will receive a shirt and trophy.

Riverland Park

954-321-1234

Age: 12-14 years

Saturday games 9:00 a.m.-1:00 p.m.

August 19-October 7

Resident Registration: \$80.00

Non-Resident Registration: \$135.00

Y.E.S.: \$20.00



*S*wimming Water Fitness

Aqua Therapy Water Aerobics

Keep your body in-tune with your mind as you enjoy the coolest way to exercise in South Florida. In Water Aerobics and Aqua Therapy, our certified instructors will guide you through a series of strength training exercises and cardiovascular conditioning drills. Low-stress, low-impact, big fun, and good music are what make up a “wet-a-size” session. Get in shape or just maintain a healthy lifestyle. Programs are for 18 and over and ongoing from August 1-November 30, 2006, unless otherwise noted.



Adult Hydrotherapy

Bass Park

Monday-Thursday 7:00 -9:00 a.m.
Resident : \$2.00
Non-Resident: \$3.00

Water Aerobics

Croissant Park Pool

Monday, Wednesday, Friday 8:30-9:30 a.m.
Tuesday, Thursday 6:45-7:45 p.m.
Saturday 10:00-11:00 a.m.

Residents: \$5.00/class, \$25.00 monthly
Non-residents: \$6.00/class, \$30.00 monthly

Hydro Fitness

Croissant Park Pool

Monday, Wednesday, Friday
10:00-11:00 a.m.

Residents: \$3.00/class, \$15.00 monthly
Non-residents: \$4.00/class, \$20.00 monthly

Adult Swimmercize

Carter Park Pool

Tuesday, Thursday 6:45-7:45 p.m.
Saturday 10:00-11:00 a.m.

Residents: \$1.00 Non-Residents: \$2.00

Lauderdale Manors Pool

Monday-Thursday, 6:30-8:00 p.m.

Residents: \$1.00 Non-Residents: \$2.00

Adult Water Aerobics

Riverland Park Pool

Monday, Wednesday, Friday
6:30-7:30 p.m.

Tuesday & Thursday
10:00-11:00 a.m. & 6:30-8:00 p.m.

August 7-November 30

Residents \$2.00 Non-Residents: \$3.00

Lap Swim

Lap swimming is for the experienced swimmer, age 16 and over, who likes to train independently in an effort to enhance cardiovascular fitness while developing endurance and muscle tone in a low-impact workout. Lap swim available at the following aquatic centers. Please call for daily times and fees:

Carter Park Pool

954-828-5407

Croissant Park Pool

954-523-1068

Fort Lauderdale High School Pool

954-828-5401

Riverland Park Pool

954-321-1236

Recreational Swim

Open swim for all! Get off the couch, away from the house and relax as you soak yourself in rejuvenating crystal blue water and sparkling sunshine. No frills, just old-fashioned open pool time for the young and young at heart. Children under the age of 8 must be accompanied by a responsible adult swimmer of at least 18 years old. All recreational swim sessions are open to all ages and free to individuals. Call pools for reservations and group rates. Recreation Swim is available at the following aquatic centers. Please call for daily times and fees:

Bass Park Pool

954-484-0930

Carter Park Pool and Water Playground

954-828-5407

Croissant Park Pool and Water Playground

954-523-1068

Lauderdale Manors Pool and Water Playground

954-828-540

Riverland Park Pool and Water Playground

954-321-1236

Sunrise Middle School Pool

754-322-4790

Competitive Swimming

Children from 5-18 years old who can swim 25 yards can take part in an organized, competitive swim team. Geared to improve stroke technique, provide daily physical activity, teach team dynamics, and



boost self-confidence, this extra-curricular outlet is a fun and exciting activity for all! Daily workouts and weekend swim meets are included. Competitive Swim Teams are available at the following pools. Please call for daily practice times, meet information and fees:

Bass Park Pool

954-484-0930

Carter Park Pool

954-828-5407

Croissant Park Pool

954-523-1068

Riverland Park Pool

954-321-1236

Teen Pool Fun

Teen Aquatics & Scuba Club

Calling all water lovers. This is the program you have been waiting for! An Aquatics club that caters to the urban lifestyle. Come join the TASC (RAWW) divers, National

Swimming Water Fitness

Association of Black Scuba Divers (NABS), Teen Scene, and S. FL Aquatics Team (SWAT). Open to EVERYONE who dives or has an interest in SCUBA or other aquatic water sports. The club organizes and plans dive trips and classes, networking



opportunities, educational workshops, jet skiing, windsurfing, and kayaking. Price for NABS membership (optional) not included. Please call 954-828-4538 for more information.

Carter Park Pool

Ages: 10 years and over

Friday 6:00-7:00 p.m.

August 4, September 1, October 6, November 3

Resident/Non-Resident: \$15.00 (free with teen card)

Y.E.S.: \$3.50

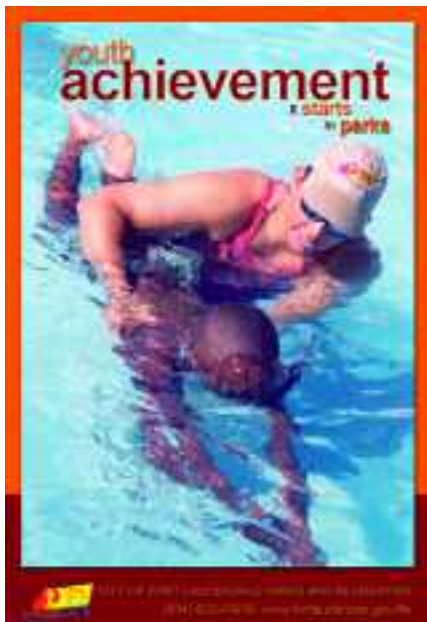
Swim Team Masters Level 18 & Up

Carter Park Pool

Monday-Thursday, 6:00-8:00 a.m.
and 7:00-8:30 p.m.

Residents: \$15.00 per month

Non-Residents: \$25.00 per month



Big achievements in life start with small successes. Like learning how to be a part of a team. Or figuring out that excellence comes from a daily commitment of time and hard work. Fort Lauderdale's parks give children a chance to learn those life lessons, to experience success early, and to dream big. Parks build future leaders by giving youth the opportunity to lead. Personal achievement.

**"It Starts
in Parks"**

Community Events

Cool OFF



Nightmare in the Park

Halloween is not just for kids! This unique festival-like event will feature a haunted house, haunted forest, multiple costume contests, live art wall painting, artist displays and musical entertainment. A variety of bands will perform featuring GenX GenY musicians.

Stranahan Park

Age: 18-35
Tuesday, October 31
6:00-11:00 p.m.
Free Admission

Croissant Park

Annual Halloween Party

This community event, a partnership of the Croissant Park Civic Association and the City of Fort Lauderdale Parks & Recreation Department, provides the community with a fun, safe, family-oriented Halloween

event. There will be loads of games, fun, food & prizes, a costume contest, magician, and band! Bring the whole family!

Croissant Park

Age: All ages
Saturday, October 28
3:00-7:00 p.m.
Free Admission

Halloween Howl Luncheon

Get your costume pieced together and find your lucky rabbit's foot because it's time for the annual ho-down! Halloween styled luncheon complete with live entertainment, bingo, costume contest and full course lunch. Space is limited and tickets sell out, so don't wait until the deadline to purchase. Mail-in deadline Monday, October 9.

Holiday Park Social Center

Age: Adults
Wednesday, October 18
11:00 a.m.-3:00 p.m.
Resident: \$10.00
Non-Resident: \$10.00

Halloween Dance & Costume Party

Join the festivities at Bass Park as we celebrate the spookiest, craziest day of the year! Dress in your Halloween costume, and prepare to dance up a storm.

Bass Park

Age: 6-11 years
Tuesday, October 31, 6:00-8:00 p.m.
Resident: \$1.00
Non-Resident: \$2.00

Carter Park

Annual Halloween Party

It's that time of year again where we celebrate the scariest day of the year. Parents, you are invited to bring your children to the Halloween Costume Party! There will be

Community Events

games, a costume contest, and tons of fun. Prizes will be awarded for best costumes.

Joseph C. Carter Park

Age: 5-12 years and Parents

Tuesday, October 31, 7:00-9:00 p.m.

Resident/Non-Resident: \$3.00

Warfield Park Halloween Blast

This event offers families the opportunity to engage in a night of fun activities including: music, games, and a haunted house designed by children & teens. Prizes will be awarded for most original costume.

Age: 5-11 years

Monday, October 30, 6:00-7:30 p.m.

Free for the Community

7th Annual Turkey Shoot & Basketball Competition

A youth and family oriented free throw shooting basketball competition affording the participants an opportunity to compete with their peers and have fun.

Holiday Park Hockey Rinks

Age: 3 through Adult

Saturday, November 4, 10:00 a.m.-1:00 p.m.

Divisions

Age Groups-4 & under, 6 & under, 8 & under, 10 & under, 13 & under, 14 & over (male & female in each division)



Family Divisions (1 parent/1 child, Parent & Child 6 & under, Parent & Child 7-12, Parent & Child 13 & over

Resident/Non-Resident: \$1.00 per attempt or 1 can donation per attempt

Awards: A turkey, and a commemorative event trophy for each division winner per contest time.

Thanksgiving Feast at the Beach

Come and join us for an afternoon of fun and enjoyment. Our 3rd Annual Thanksgiving Feast at the Beach

Community Center will include a catered turkey lunch, great entertainment, and bingo with fabulous prizes. The cost is only \$10.00 per person. Paid reservations by November 9. Reserve your seat early as space is limited. For more information, please call 954-828-4610.

Beach Community Center

Age: Adult

Wednesday November 15

11:00 a.m.-3:00 p.m.

Resident/Non-Resident: \$10.00



*S*untrust Sunday Jazz Brunch

Create Memories



Fort Lauderdale's scenic Riverwalk comes alive the first Sunday of every month from 11:00 a.m.-2:00 p.m. With four stages of **FREE** Live Jazz, it's the perfect setting to relax and listen to great music. Fabulous food and beverages are available for purchase or feel free to bring your own picnic. Pets are welcome too! The Fort Lauderdale Parks & Recreation Department and SunTrust invite you to enjoy our exciting lineup as we celebrate the 16th Anniversary of this popular downtown event. For more information call our 24-hour hotline: 954-828-5363.

August 6,	Esplanade Stage Peck Courtyard Connie Hoffmann Gazebo Las Olas Riverfront	<i>The John Cat Band</i> <i>Jazzjones</i> <i>Don Wilner Quintet with Beatriz Malnick</i> <i>Blu Jazz Band</i>
September 3	Esplanade Stage Peck Courtyard Connie Hoffmann Gazebo Las Olas Riverfront	<i>Johnny James aka Dr. J</i> <i>Jazz Survivors</i> <i>LeNard Rutledge Quartet</i> <i>Debra Hampton Trio</i>
October 1	Esplanade Stage Peck Courtyard Connie Hoffmann Gazebo Las Olas Riverfront	<i>George Tandy</i> <i>Frank Hubbell's Swing Quartet</i> <i>Coco Rouzier Quintet</i> <i>San Remo Jazz Trio</i>
November 5	Esplanade Stage Peck Courtyard Connie Hoffmann Gazebo Las Olas Riverfront	<i>Gold Coast Jazz Society</i> <i>Meryl Tananger Trio</i> <i>Kevin Lee Campfield Quartet</i> <i>Tropical Breeze Quartet</i>
December 3	Esplanade Stage Peck Courtyard Connie Hoffmann Gazebo Las Olas Riverfront	<i>Brenda Alford Ensemble</i> <i>Tommy Nehls Trio</i> <i>Robin Avery Quintet</i> <i>Mike Bianco Quintet</i>

Adult Fitness & Sports

Body Sculpting

Body Sculpting is a fun exercise combining cardiovascular conditioning with strength training using weights and music. It is designed to shape and tone the body without building muscular size or bulk. It also helps to retain lean muscle tissue while boosting metabolism.

Beach Community Center

954-828-4610

Age: Adults

Monday, Wednesday, Friday

9:00-10:00 a.m.

August 2-November 29

Resident: \$7.00 per visit \$60.00 per 10 class pass

Non-Resident: \$8.00 per visit/\$70.00 per 10 class pass

Chen-Style Tai Chi Chuan

Chen-style tai chi chuan is the supreme Chinese martial arts and the exercise system of Chinese medicine that uses slow, gentle movements. It is fun to learn and a life changing practice. The benefits include stress relief, increased relaxation and improved strength, fitness & overall health, lower blood pressure & heart rate, improved posture, balance & bone density. Instructor Tom Bailey is a certified personal trainer with 10 years experience in tai chi chuan and 7 years in chen tai Chi.

Beach Community Center

954-828-4610

Age: Adults

Tuesday, Thursday 6:00-7:30 p.m.

August 1-November 30

Resident: \$12.00/class, \$85.00/10 classes, \$225.00/30 classes

Non-Resident: \$15.00/class, \$95.00/10 classes, \$255.00/30 classes

Flexibility

Are you feeling your muscles getting tighter and your range of motion decreasing as you get older? Come improve your posture and enjoy a full body stretch with our new flexibility class! This class is designed to improve your flexibility, balance and coordination while you strengthen your abdominals, back, hips and thighs. A regular stretching program can help lengthen your muscles and restore youthful activity. Our knowledgeable instructor will make this class a one-of-a-kind experience.

Age: Adults

Tuesday, Thursday 8:30-9:15 a.m.

August 1-November 30

Resident: \$7.00 per visit/\$60.00 per 10 class pass

Non-Resident: \$8.00 per visit/\$70.00 per 10 class pass

1,000 new residents a day. With that kind of relentless population growth, people need a place to connect and form new relationships, to learn about Florida's heritage and its natural treasures - a place to become Floridians. Florida's parks are the place where it all comes together - a sense of community, an appreciation of history and place, respect for nature. How do you weave strangers into citizens?

**"Starts
in Parks"**

Beach Community Center

954-828-4610

Chair Yoga

Chair yoga is a more gentle form of yoga where the mat has been replaced with a chair. It includes gentle stretching, strengthening and relaxing the body. This class is perfect for those with mobility limitations or time constraints. Our experienced instructor Spencer Stone has been practicing yoga since 1989 and has been a licensed massage therapist since 1996.

Beach Community Center

954-828-4610

Age: Adults

Monday, Wednesday 12:00-12:45 p.m.

August 2-November 29

Resident: \$7.00 per visit/\$60.00 per 10 class pass

Non-Resident: \$8.00 per class/\$70.00 per

10 class pass

Core-lates

A complete conditioning experience combining Pilates, somatics, yin yoga, and belly dance inspired movements. Certified instructor Jane Schmidt has over 20 years experience with yoga and mind-centered modalities. Towel and mat are required.

Beach Community Center

954-828-4610

Age: Adults

Tuesday, Thursday 10:15-11:45 a.m.

August 1-November 30

Resident: \$9.00 per visit/\$80.00 per 10 class pass

Non-Resident: \$10.00 per visit/\$90.00 per 10 class pass

Yoga

Our yoga class is a unique blend of Raja and Hatha techniques with emphasis on practical uses. Yoga systematically works through the entire body to strengthen & increase flexibility, while bringing harmony & balance to mind, body, and spirit. This class consists of seated, lying down and standing postures and includes techniques in "control of breath," meditation and visualizations. Towel and mat are required.

Beach Community Center

954-828-4610

Age: Adults

Monday, Wednesday, Friday

10:15-11:45 a.m.

Monday, Wednesday

6:15-7:45 p.m.

August 2-November 29

Resident: \$9.00 per visit/ \$80.00 per 10 class pass

Non-Resident: \$10.00 per visit/\$90.00 per 10 class pass



Adult Fitness & Sports

Open Ping Pong Play

Did you ever think that you could have so much fun, get a great workout, and improve your brain power? Ping Pong is the answer. It is among the most popular recreational sports around. This activity works to improve your eye-hand co-ordination, uses the upper and lower body, enhances speed and strength in your legs, arms and shoulders, and causes you to use many different areas of the brain while playing. Ping Pong encourages you to focus while providing a great social outlet. Lightweight sneakers are recommended.

Beach Community Center

954-828-4610

Age: Adults

Monday, Wednesday 8:30-11:00 a.m.

Thursday 12:30-3:00 p.m.

August 2-November 29

Free

Star Walkers

Health Care Talks offered the 1st Wednesday of the month by a Healthcare Professional from Imperial Point Medical Center. Free Blood Pressure screenings scheduled from 8:30-9:00 a.m. Look for upcoming flyers for additional information and healthcare topics.

Beach Community Center

954-828-4610

Age: Adults

Wednesday 8:30-10:00 a.m.

August 2, September 6, October 4,

November 1

Free



Air, Water, Land. These are our greatest natural treasures. Yet, a growing population threatens the quantity and quality of these vital resources. Conserving green spaces and waterways for the generations to come is crucial for our very survival. Fort Lauderdale's parks hold a key. Preserving what's precious.

**"Starts
in Parks**

All-in-One Aerobics

All-In-One Aerobics is a fun, core-conditioning program that produces optimum results. Tuesday offers a Pilates/Yoga inspired fast paced workout. Thursday concentrates on balance and strength with the use of a stability ball and toning exercises. You will improve circulation, muscle tone and flexibility. (Please bring a mat & stability ball for Thursday). A perfect way to start your day!

Croissant Park

Community Center

954-468-1487

Age: Adults

Tuesday, Thursday 8:30-9:30 a.m.

August 15-November 30

Resident: 4.00

Non-Resident: \$5.00

Pilates

Pilates is a discipline of controlled movements designed to create balance, flexibility and strong muscles. This program improves posture, body awareness, and flexibility. Recommended for all fitness levels.

Croissant Park Community Center

954-468-1487

Age: Adults

Friday 9:00-10:00 a.m.

August 15-November 30

Resident: \$4.00

Non-Resident: \$5.00

Strength Training for Older Adults

A low impact strength training, using light hand weights and dya bands.

Holiday Park Activity Center

954-828-5385

Age: Adults

Monday & Wednesday 8:30-9:30 a.m.



August 14-November 29

Resident: \$4.00

Non-Resident: \$5.00

Aikido

Aikido is a unique traditional Japanese martial based on principles of non-violence and harmony. It is a highly effective form of self-defense that teaches you how to protect yourself by using an attacker's own size against them. There is no violent kicking or punching in Aikido. You learn how to control an aggressor with minimal force using dynamic circular throwing and pinning techniques. Men, women and children of all ages can practice Aikido. Sessions are monthly throughout the year. Please call 954-981-4824 for more information. Website: www.floridaaikikai.com.

Holiday Park Activity Center

Age: Adults

Monday-Friday: 6:30-7:30 a.m.

Monday-Friday: 9:30 -10:30 a.m.

Monday-Friday: 6:00- 7:30 p.m.

Saturday & Sunday: 10:00 a.m.-12:00 p.m.

Begins August 2, monthly

Adult Fitness & Sports

Adults: \$95.00
Married Couples: \$170.00
Student: \$75.00
Visitor fee (per day): \$10.00
Registration Fee (new members): \$25.00

The Art of Yoga

A unique blend of Raja and Hatha yoga techniques, with emphasis on practical applications designed for this age. Concentration on posture flow stretching, guided meditation, energy expansion visualizations, respiratory and endocrine glandular system strengthening. Basic health and maintenance procedures and principles are also learned.

Holiday Park Activity Center

954-828-5385

Age: Adult

Monday-Thursday 10:45 a.m.-12:15 p.m.

Wednesday, Friday 8:30 -10:00 a.m.

Monday, Tuesday, Thursday 8:00-9:30 p.m.

August 1-November 30

Resident/ Non-Resident: \$12/class,

\$105/10 classes, \$285/30 classes

Seniors: \$10/class, \$90/10 classes, \$250/30 classes

Adult Men's Basketball League

Looking for a fun, competitive league to participate in? The City of Fort Lauderdale will be coordinating men's basketball leagues on Tuesday nights at Holiday Park Gym! The league will consist of ten games plus playoffs. Season and Playoff awards: 1st and 2nd place team trophy and 1st place individuals. For more information, call the sports hotline at 954-828-3789.

Holiday Park Gym

954-828-5993

Age: 18 years and over



Tuesday 7:00 -10:00 p.m.
August 29-November 14
Team Fee: \$430.00

Slam Jam Volleyball Club

Come play pick-up volleyball at the Holiday Park Gym! Pick up games Monday nights from 6:45pm-10:45 pm. Teams will be formed for games based on number of players per night. For more information, please contact the Sports Hotline at 954-828-3789.

Holiday Park Gym

954-828-3789

Age: 18 years and over
Monday 6:45-10:45 p.m.
Begins August 6
Resident: \$6.00
Non-Resident: \$7.00

Adult Men's Volleyball League

Looking for a fun and competitive league to participate in? The City of Fort Lauderdale will be coordinating men's volleyball leagues on Wednesday nights at Holiday Park Gym! The league will consist of a ten game season plus playoffs. Season and Playoff Awards: 1st and 2nd place team trophy and 1st place individuals. For information, call the Sports Hotline at 954-828-3789.

Holiday Park Gym

954-828-5993

Age: 18 and over
Wednesday 6:45-11:00 p.m.
August 30-November 22
Team Fee: \$315.00

Adult Intermediate Co-Ed Volleyball League

Looking for a fun and competitive league to participate in? The City of Fort Lauderdale will be coordinating coed intermediate volleyball leagues on Wednesday nights at Holiday Park Gym! The league will consist

of a ten game season plus playoffs. Season and Playoff Awards: 1st and 2nd place team trophy and 1st place individuals. For information, call the Sports Hotline at 954-828-3789.

Holiday Park Gym

954-828-3789

Age: 18 and over
Wednesday 6:45-11:00 p.m.
August 30-November 22
Team Fee: \$315.00

Footsteps to Fitness

Designed for the non-athletic mature adult in need of a lifestyle change. If regular exercise is not a part of your weekly agenda then this is your chance for making positive changes which will improve your outlook, how you look and feel, and fill you with a sense of wellness. The day begins with proper hydration and light nutrition followed by an easy warm up to music, a leisurely stroll through a tree lined walking path, and a Tai Chi cool down. Finish with a low calorie snack and health consultation.

Holiday Park Social Center

954-828-5383

Age: 55 +
Thursday 8:00 a.m.-12:00 p.m.
November 9
Resident: \$3.00
Non-Resident: \$4.00



Adult Fitness & Sports

Tai Chi

This form of fitness is extremely popular among open-minded progressive adults because of its remarkable effects on the mind and body. Slow, fluid movements performed in a standing position make for a comfortable session of fitness. Novices are always welcome.

Joseph C. Carter Park

954-828-5411

Age: 18 and over

Thursday 9:00 -10:30 a.m.

August 3-November 30

Residents: \$6.00

Non-Residents: \$7.00

3-On-3 Women's

Outdoor Basketball League

If you can play basketball and you're interested in participating in a competitive women's basketball league, join us for the ultimate women's basketball experience! Groups and individuals are encouraged to bring your best skills to the court. This 3-on-3 will be loads of fun, so come on out and shoot around with us.

Joseph C. Carter Park

954-828-5411

Age: 18 years and over

Sunday 12:00-2:00 p.m.

September 10-October 15

Resident \$25.00

Non-Resident: \$30

Rhythm Workout

Dance your way to a lovely, lean body. The Rhythm Workout combines Caribbean-Calypso dance with a cardio routine that will make exercising a fabulously fun route to fitness!

Riverland Park Community Center

954-321-1234

Age: Adult

Tuesday, Thursday 11:00 a.m.-12:00 p.m.

September 5-November 30

Resident: \$15.00

Non-Resident: \$20.00

Bump, Set, Spike

An on-going drop-in open volleyball play for adults. Beginners through advanced welcome!

Joseph C. Carter Park

954-828-5411

Age: 18 years & over

Thursday 6:00-7:30 p.m.

August 1-October 31

Resident: \$2.00

Non-Resident: \$3.00

Yoga-Lates

Experience an ancient practice combined with a new practice that will improve strength, flexibility, and stamina, while also improving your posture and balance. Towel required; mats can be provided.

Joseph C. Carter Park

954-828-5411

Age: 18 and over

Wednesday 6:00-7:30 p.m.

August 2-November 29

Residents: \$5.00

Non-Residents: \$6.00

Total Body & Core Conditioning

This fun, high-energy power and aerobic program is designed to improve your overall strength, flexibility and conditioning. This is accomplished by using biomechanical resistance exercises that target the upper, lower abdominal core and body musculature.

Riverside Park Community Center

954-468-1553

Age: Adults

Monday, Wednesday 6:30 -7:30 p.m.

August 1-December 20

Resident: \$6.00/class

Non-Resident: \$7.00/class

Yoga-Lates

Learn and experience relaxing beginner level techniques intended to systematically work through the entire body to strengthen and increase flexibility while bringing harmony and balance to mind, body and spirit. Towel and mat are required.

Warfield Park Community Center

954-759-6896

Age: Adults

Tuesday 6:15 -7:45 p.m.

August 1-December 19

Residents: \$8.00/class

Non-Residents: \$9.00/class

Ju-Jitsu Martial Arts Program

Jiu jitsu, karate, and stick fighting are all part of the school of defense. This program will offer both youth and adults self-discipline and control through a practical form of self-discipline, an exciting, safe, competitive sport. The program will offer instruction at different skill levels. Youth and adults can go on to compete in state and national tournaments. The skills taught will include blocking, striking and throwing. It will teach the art of movement using the mind and body to obtain power, speed and gracefulness.

Warfield Park

Age: 6-Adult

Tuesday & Thursday 6:00-8:00 p.m.

Saturday 10:00 a.m.-12:00 p.m.

August 1-November 30

Children 5-12 years: \$30.00 per month

13 years to Adult: \$50.00 per month

Registration Fee: \$25.00



Physical activity is the key to maintaining a healthy body weight, preventing disease and feeling better. A growing body of research shows that physically active adults and children are less prone to obesity, diabetes, heart disease - even depression. Fort Lauderdale's parks offer a wide range of free and low-cost opportunities to get out and play. Physical activity and good health.

**It Starts
in Parks**

Adult Classes & Events

Keenagers

This lively group of retirees meets weekly for trips, holiday parties, and some good old-fashioned fellowship. Don't spend your golden years at home alone-join us for great companionship and a whole lot of fun!

Bass Park

Age: 55 and older
Monday 10:00 a.m.-2:00 p.m.
September 11-November 27
Residents: \$12.00
Non-Residents: \$15.00

A Touch of Monet

Watercolor Exploration Class

Participants will explore a variety of watercolor painting themes and techniques in this class, from the beginning artist to the



accomplished painter. Timothy Leistner, Ed.D., Professional Artist and Educator, will provide visual presentations and demonstrations to help each participant to unlock and explore their personal, creative side. Each session will include direction and focus on a different theme. Each participant will explore various artistic techniques; have time for experimentation; and opportunities to complete personal

watercolor paintings. Some basic supplies will be provided. Each participant will be given a list of supplemental art supplies to fully express their personal creativity.

Beach Community Center

Age: Adults
Friday 12:00-2:30 p.m.
Session 1: September 8-October 6
Session 2: October 13-November 17
Residents: \$70.00
Non-Residents: \$83.00

Beginner Ballroom

Dance Instruction

For beginners only! Learn the basic steps to all of your favorite dances such as rumba, fox trot, swing, tango, cha-cha, merengue, samba, disco, waltz and peabody. Refreshments are served during the break.

Beach Community Center

Age: Adult
Monday 6:30-8:00 p.m.
August 7-November 27
Resident: \$6.00
Non-Resident: \$7.00

Intermediate Ballroom

Dance Instruction

Have you always wanted to learn to dance? Ballroom Dance is the perfect icebreaker, a way to have fun that transcends every language. Imagine yourself gliding across the floor with your partner and having the time of your life. Ballroom Dance is a great body conditioner. You will experience an increased sense of balance, increased strength in your legs, greater flexibility in axis of movement, and more fluid movement in walking and running. Dancing with a partner in harmony will help you develop a more open, understanding and supportive relationship with your partner and others.

Beach Community Center

Age: Adults

Tuesday 6:30- 8:00 p.m.

August 1-November 28

Residents: \$6.00

Non-Residents: \$7.00

Line Dance

This is one of the most enjoyable ways to stay in shape and have fun while dancing. No partner is needed, so singles are very welcome! Our certified instructor will have you learning all the latest dances in no time.

Beach Community Center

Age: Adults

Thursday 10:00- 11:30 a.m.

August 3-November 30

Residents: \$6.00

Non-Residents: \$7.00

Evening Line Dance

This is one of the most enjoyable ways to stay in shape and have fun while dancing. No partner is needed, so singles are very welcome! Our certified instructor will have you learning all the latest dances in no time.

Beach Community Center

Age: Adults

Wednesday 6:30-8:00 p.m.

August 2-November 29

Resident: \$6.00

Non-Resident: \$7.00

Party Bridge Play

Attention all Bridge players! Meet new friends while engaging in South Florida's most popular card game. No partner is needed and refreshments are included.

Beach Community Center

Age: Adults

Thursda 1:00-4:00 p.m.

August 3-November 30

Residents/Non-Residents: \$2.00

Duplicate Bridge

For all you Duplicate Bridge players that are working on Master Points, we have a weekly game just for you! Our qualified director will coordinate the game and register your scores. Refreshments are included.

Beach Community Center

Age: Adults

Tuesday 12:30-4:00 p.m.

August 1-November 28

Residents/Non-Residents: \$4.00

Cash Beach Bingo

Bingo is a wonderful way for friends to engage in a great social atmosphere. Packages start at \$5.00 and all prizes are cash pay-outs. Our scrumptious hotdog lunches our back! For just \$1.00 you can enjoy a hotdog and chips, and for only \$.25 you can enjoy your choice of beverage.

Beach Community Center

Age: Adults

Friday 11:00 a.m.-2:00 p.m.

August 4-November 17

Fee: Packages start at \$5



AARP Drivers Safety Program

Are you looking for a discount on your car insurance? Well, the City of Fort Lauderdale and AARP are offering an 8-hour driver's safety program that gives you that discount. Tune up your driving skills, reduce

Adult Classes & Events

your traffic violations, and learn to make adjustments to common age-related changes in vision, hearing, and reaction time. This program is offered in a classroom style setting.

Beach Community Center

Age: Adults

Monday, Wednesday 9:00 a.m.-1:00 p.m.

August 21, August 23, October 23,

October 25

Free

Feature Film

Do you find it difficult to make it to your local theatre for current feature films? Don't despair, because all of our weekly films were box office hits at the theatre in the past year. Come and join us for a free Blockbuster hit every week!

Beach Community Center

Age: Adults

Tuesday 10:00 a.m.-12:30 p.m.

September 5-November 28

Free

Mid-day Meal Program

The City of Fort Lauderdale Parks and Recreation Department in partnership with Broward County Meals on Wheels has established a "Dining Out Site" at the Beach Community Center. Enjoy a balanced, nutritious meal with your friends or come and meet some new friends. Listen to



famous, favorite tunes from the past as you eat. A donation of \$2.00 per meal is requested. You must be 60 years or older to be eligible and will be required to complete an application. Please call 954-828-4610 by 11:00 a.m. to reserve a meal for the next day.

Beach Community Center

Age: 60 and over

Monday-Friday 12:00 p.m.-1:00 p.m.

August 1-November 30

Free

Ballroom-style Dance Instruction

Classic Latin and International dance styles offered each month will provide valuable skills to those seeking exercise, entertainment and the chance to meet others with similar interests.

Holiday Park Social Center

Age: 18 years and over

Monday, Wednesday, Thursday

6:30-8:00 p.m.

August 2-November 30

Residents: \$6.00

Non-Residents: \$7.00

What is gone, but not forgotten?
Florida's past. Preservation of
our history with its rich heritage
connects our yesterdays with our
tomorrows. Public park agencies
protect Florida's beginnings and
continue to share them with our
residents, visitors and future
generations.

**It Starts
in Parks**

Round Dance-Beginner Level

Novices to Round Dance are welcomed to join in one of the liveliest forms of creative movement where a caller choreographs ballroom and square dance moves. A partner is needed; let us know if you need one. Call 954-828-5383.

Holiday Park Social Center

Age: 18 and over
Sunday 3:00-4:30 p.m.
August 6-November 26
Residents: \$6.00
Non-Residents: \$7.00

Round Dance-Intermediate Level

Experienced Round Dancers are welcomed to join in one of the liveliest forms of creative movement where a caller choreographs ballroom and square dance moves. A partner is required.

Holiday Park Social Center

Age: 18 and over
Sunday 1:00-2:30 p.m.
August 6-November 26
Residents: \$6.00
Non-Residents: \$7.00

Progressive Bridge

Bridge requires skills in decision making and problem solving which helps to keep the mind sharp. Experienced card players wanted!

Holiday Park Social Center

Age: 18 and over
Wednesday 10:30 a.m.-2:30 p.m.
August 2-November 29
Residents: \$2.00
Non-Residents: \$3.00

Special Event Crafts for Beginners

Learn the art of decorating and creating crafts and make your next party or affair an event to remember. You will learn in a hands-on environment to create specialty crafts and decorations. Your friends will think you used a professional party

planner. Join us for a fun, relaxing, crafty experience.

Joseph C. Carter Park

Age: Adult
Thursday 6:30-7:30 p.m.
October 5-November 9
Resident: \$15.00
Non-Resident: \$20.00

Dancing Like the Stars

Dancing is becoming very popular with the younger adults and having one of the best instructors in the area makes this a fun class. Each month we feature different dances from swing, salsa, waltz, cha-cha, disco, rumba, tango, samba and more. So bring a partner or come by yourself for this step-by-step instruction. Refreshments served.

Riverside Park Community Center

Age: Adults
Thursday 6:30-8:00 p.m.
September 7-December 21
Residents: \$6.00/class
Non-Residents: \$7.00/class



Adult Computer Classes

All of our adult computer classes are held in our computer lab at the Beach Community Center. The computer lab features eight new Dell computers and a teaching projector screen for easy learning. Enjoy the benefits of attending small classes and receiving individual attention. Classes are available in the morning, afternoon and evening.

Computer Basics 1

Learn the basics: computer terminology, use of mouse, use of Windows XP

Age: Adult

Offered Week of: 10/3

Tuesday, Wednesday, Thursday

Offered Week of 10/30

Monday, Tuesday, Thursday

9:00 a.m.-12:00 p.m.

Resident: \$90.00

Non-Resident: \$100.00

Computer Basics 2

Master editing techniques such as cutting, copying and pasting. Create folders and save files. Install programs & customize the look of your desktop.

Age: Adult

Offered Weeks of 9/ 5, 10/9

Monday, Wednesday, Friday

Offered Week of 11/6

Monday, Tuesday, Thursday

9:00 a.m.-12:00 p.m.

Resident: \$90.00

Non-Resident: \$100.00

Internet Basics 1 & 2

Learn to connect to the internet, search your favorite topics, assign a home page and create a favorite list of websites.

Age: Adult

Offered Week of 10/16-

Monday, Wednesday, Friday

Offered 9/12, 9/14, 9/19 -

Tuesday, Thursday, Tuesday

Offered Week of 11/13-

Monday, Tuesday,

Thursday

9:00 a.m.-12:00 p.m.

Resident: \$90.00

Non-Resident: \$100.00



Internet Intermediate

An intermediate level course for those possessing the skills & knowledge covered in Internet Basics I & II.

Age: Adult

Offered Week of 10/23-

Monday, Wednesday, Friday

Offered 9/21, 9/26, 9/28-

Thursday, Tuesday, Thursday

Offered 11/20, 11/21, 11/27-

Monday, Tuesday, Monday

9:00 a.m.-12:00 p.m.

Resident: \$90.00

Non-Resident: \$100.00

E-Mail

Create and send email messages, utilize an address book, and work with attachments within your messages.

Age: Adult

Offered 9/18, 9/20, 9/22-

Monday, Wednesday, Friday

Offered 10/19, 10/24, 10/26 - Thursday,

Tuesday, Thursday

Offered 11/15, 11/17, 11/22 - Wednesday,

Friday, Wednesday

9:00 a.m.-12:00 p.m.

Resident: \$90.00

Non-Resident: \$100.00

Media Player

This program is the next generation media player that pioneers new ways to discover, download, play and take digital media anywhere. Pick and choose music and video from a host of different online stores and services easily accessed right within the player. Learn how to organize your music and videos in the newly enhanced library feature.

Age: Adult

Friday, September 8

9:00 a.m.-12:00 p.m.

Resident: \$30.00

Non-Resident: \$40.00

Perfecting Your Pictures

Learn how to create a picture perfect photo. Do you know how to crop, clip and remove red-eye? Take advantage of this unique class that teaches the amateur how to zoom in and out, resize, sharpen, rotate and erase part of an image. Join us and learn these perfection techniques.

Age: Adult

Wednesday, September 27

9:00 a.m.-12:00 p.m.

Resident: \$30.00

Non-Resident: \$40.00

Private Computer Instruction

Sign-up for one-on-one private computer instruction. Our computer professional will teach you all of the computer basics. Enjoy learning what you can do on a computer while taking advantage of the instructor's undivided attention.

Age: Adult

Available August 1-November 30

Call to schedule date and time

954-828-4610

Resident: \$30.00

Non-Resident: \$40.00

Word Processing Microsoft Word

Create & save flyers, letters & faxes. Edit and print your work & add graphics for extra flair.

Age: Adult

Offered 9/11, 9/13, 9/15-

Monday, Wednesday, Friday

Offered 10/10, 10/12, 10/17

Tuesday, Thursday, Tuesday

Offered 11/1, 11/3, 11/8-

Wednesday, Friday, Wednesday

9:00 a.m.-12:00 p.m.

Resident: \$90.00

Non-Resident: \$100.00

Adult Trips & Tours

Registration and information for all trips and tours provided at the Beach Community Center 954-828-4610. All trips and tour buses depart from Holiday Park Social Center.

Elliot Museum/Florida Power & Light Energy Encounter

A fun-filled day for all!
Wednesday, August 16
Thursday, November 16
8:30 a.m.-4:30 p.m.
Resident/Non-Resident: \$59.00

Visions of the Caribbean Miami Tour with Dr. George

Join us for this wonderful, educational day!
Wednesday, September 20
8:30 a.m. – 4:30 p.m.
Resident/Non-Resident: \$62.00



Post-War Miami Home Architecture Tour with Dr. George

Don't miss another informative, insightful, entertaining day with Dr. George.
Wednesday, October 4



8:30 a.m. – 4:30 p.m.
Resident/Non-Resident: \$65.00

Pompano Park Harness Track

Sure to be a fun, and hopefully lucky day for all!
Friday, October 13
5:00 – 10:00 p.m.
Resident/Non-Resident: \$34.00

Actor's Playhouse Moonlight and Magnolias

Relax as you enjoy a fabulous day at the theatre!
Wednesday, October 25
10:30 a.m. – 5:30 p.m.
Resident/Non-Resident: \$67.00

Sneak Peak of Upcoming December Trips

December 6

Actor's Playhouse *White Christmas*

December 9-10-11

Amelia Island, St. Augustine, and
Rivership Romance

Laugh, Sing, Dance and Play

Registration Information

The City of Fort Lauderdale Parks and Recreation Department is making registration for programs easier and more convenient. The main registration center is located at the:

Holiday Park Social Center

1150 G. Harold Martin Drive
Monday through Friday,
10 a.m.-2:00 p.m. and 2:30-5:30 p.m.

Limited registration is available at some of the other recreation centers. Please call the center you wish to attend to confirm registration times.

Payment must be made at the time of registration. We accept payment for our programs in cash (\$50 bills are the largest denomination accepted), check, MasterCard and Visa.

The programs have separate fees for residents and non-residents. Valid proof of residency must be provided to receive the resident rate.

Many of the programs fill very quickly, and registration is on a first come, first serve basis. Programs may be cancelled if a minimum enrollment is not met.

We look forward to serving you.

Youth Enrichment Scholarship (Y.E.S.)

Residents of the City of Fort Lauderdale may qualify for the Y.E.S. fees for children to participate in designated recreation programs. Children on reduced or free lunch programs at their school may receive a reduction in costs.

To qualify, parents must provide proof of Fort Lauderdale residency, as well as a copy of the school's lunch voucher. If the school is a total free/reduced lunch site, proof of enrollment is required (example: report card).



How do we become involved in our community? Where did we learn the basics of becoming good citizens? Well, parks and recreation with its multitudes of volunteer opportunities, special causes, and community involvement projects is a good starting place, fostering civic engagement and building social capital.

**It Starts
in Parks**

The City of Fort Lauderdale Commission

Jim Naugle
Mayor

Commissioner Christine Teel
District 1

Commissioner Charlotte E. Rodstrom
District 2

Commissioner Carlton Moore
District 3

Commissioner Cindi Hutchinson
Vice Mayor/District 4

George Gretsas
City Manager



Whether it's feeling the sun on your face, learning how things grow or enjoying the awe-inspiring beauty of a summer's day, nature's innovation sustains us from the inside out. Spending time outside reminds us of our unique place in the world. A connection to nature.

***Starts
Parks**



City of Fort Lauderdale
Parks & Recreation
1350 West Broward Blvd.
Fort Lauderdale, FL 33312

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